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Monday, December 5, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

TAYLOR WON'T ALWAYS BE SHIRTLESS

Taylor Lautner and his co-star Constance Zimmer talk playing mother and son. 22

The new trend in college admissions. 26-27

Giants fall to Steelers. 30

READY TO GET AHEAD? TRANSFER TO TCI COLLEGE.

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See below ↓

DEATH TOLL RISES

NYC area filmmaker missing in aftermath of deadly fire in Oakland. 9

NYC area filmmaker Alex Ghassan INSTAGRAM

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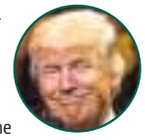
1. What will residents of public housing no longer be allowed to do in their homes under a new rule that will be enforced within the next 18 months?

2. How many passes did Carson Wentz throw in the Eagles loss Sunday?

3. How many career 10-yard games does Jets WR Quincy Enunwa have?

3 things you need to know

PENCE: TRUMP TALK WITH TAIWAN PRESIDENT A 'COURTESY CALL'



Donald Trump's phone conversation with Taiwan President Tsai Ing-wen on Friday, which prompted a diplomatic protest from China, was simply a "courtesy call," Vice President-elect Mike Pence said on NBC on Sunday. Asked whether any shift in policy should be read into the call, Pence said: "I don't think so." The call with Tsai was the first by a U.S. president-elect or president with a Taiwanese leader since President Jimmy Carter switched diplomatic recognition from Taiwan to China in 1979. "This was a courtesy call. The democratically elected president of Taiwan called to congratulate the president-elect," Pence said.China's Foreign Ministry said on Saturday it has lodged "stern representations" with what it called the "relevant U.S. side," urging the careful handling of the Taiwan issue to avoid any unnecessary disturbances in ties. REUTERS

CASTRO INTERRED IN ROCK, LAST CHAPTER OF HISTORIC LIFE

2 Fidel Castro's ashes were placed in the niche of a boulder on Sunday, capping nine days of official mourning when hundreds of thousands of Cubans said farewell with a combination of tears, Castro-like defiance and choruses of "I am Fidel!" President Raul Castro placed the wooden box containing his elder brother's cremated remains in the 10-foot rounded stone at the Santa Ifigenia Cemetery, photos released by state media showed. A dark plaque engraved with the word "Fidel" was then fixed over the niche. Dressed in his four star general military uniform, Raul Castro saluted the rock, which was flanked by two honor guards in white uniform. REUTERS

BOWING OUT, HOLLANDE LEAVES SUCCESSOR TO FIX FRENCH ECONOMY

3 French voters elected Francois Hollande in 2012 on promises to fix the floundering economy. Five years on, he is leaving much unfinished work to his successor. The unpopular Socialist leader, who said he would not run in next April's presidential election, can claim some success halting the economy's decline after the financial crisis of 2008-2009, and improving the public finances. But he has deeply frustrated voters with his lack of progress on growth and unemployment and left them bitter by landing households with the cost of reining in a budget deficit. Once in office, Hollande hiked taxes on households by more than $53.4 billion — 2.5 percent of GDP — inadvertently snuffing out a nascent recovery in a move most economists now consider a mistake. REUTERS

GETTY IMAGES

POLAR PLUNGE AHEAD!

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

If you remember December 2015, it was one unusually warm December as record warmth was the big story in the Northeast.

By looking at all the atmospheric signals, this December is going to be dramatically colder.

Chances of snowfall will be increasing with a better than average shot of having snow on the ground for Christmas, especially during the week of Dec. 20. So shoppers keep that in mind, especially you, Santa.

That week could feature brutally cold readings as long-range models indicate the polar vortex will take a dip southward into the Northeast, so the frigid air will be in place. However, the lingering question is whether we will have any storm development to go along with the polar flow. As of today, it's too early to call, but it could get interesting.

This week is starting off with a little snow, some light accumulations across the Poconos, northwest New Jersey, and parts of the Boston region, especially in the hills north and west of Boston.

The weak system responsible for this morning's light rain and wet snow will be moving quickly and conditions will be improving this afternoon.

A more significant storm will take shape Tuesday night and into Wednesday morning with moderate rain falling across New York and Philadelphia, and lighter rains across southern New England.

Polar plunge expected late Thursday through Saturday

A strong polar front will start to arrive Thursday afternoon, accompanied by the possibility of some light snow, flurries or snow showers. The mercury will plunge Thursday night as northwest winds start to howl.

Friday will be the coldest day since last February as readings will remain in the 30s along with wind chills in the bone-chilling teens and single digits come Friday morning.

We can't rule out snow showers or flurries as lake-effect streamers (fingers of snow) that streak southeastward from the snow belt of western New York state and western Pennsylvania, where 1 to 2 feet of snow should fall across portions of western New York and northwest Pennsylvania.

The polar air mass will remain locked in on Saturday, before starting to moderate for the second half of your weekend.

New York

Today: Morning light rain, then clearing, 46.

Tuesday: Rain by 5 p.m., 45.

Wednesday: Morning rain, 46.

Thursday: Shower, evening snow, falling temps, 46.

Friday: Polar blast, flurries, 36.

Saturday: Windy and cold, 37.

Sunday: Dry and chilly, 42.

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Ask About Our Refer-A-Friend Program

Washington Heights entrepreneurs strive for new heights in face of gentrification

It's a new era for an old-world neighborhood.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Washington Heights is changing. New businesses are sprouting from Dominican roots that are catering to a diversified clientele — and introducing new objectives to entrepreneurs about surviving in New York City.

The largely Dominican district has, for better or for worse, resisted gentrification for decades and relied on its traditions in foods, hair salons, and sidewalk merchants that cater to the culture. Yet a few savvy businessmen with roots in the neighborhood are hoping to evolve the area while also fighting the threats gentrification poses to a community's identity.

The block on 177 Street between Broadway and Fort Washington Avenue is a microcosm for the phenomenon. In the last year, unique businesses such as Kazza, an intimate and modish café by day and wine bar by night, and Pocion, a vegan restaurant and bar, opened their doors to a new era of commerce.

Francis Pereira-Billini, who opened Pocion in June, told Metro that he realizes the imperative of moving the community's approach forward, particularly because the renovated George Washington Bridge bus plaza and mall slated to open in 2017 will guarantee an influx of foot traffic.

"If we don't evolve with the times, someone is going to come in and steal bread out of our mouths. We have to evolve to maintain our identity," Pereira-Billini said.

His restaurant is a bold departure from tradition, with its menu of organic foods and cocktails described to have healthful ingredients.

"We are not a vegan, vegetarian people," Pereira-Bellini said. "We are catering to more health-conscious customers, because it is the reality."

His concern is that the level of hospitality, goods and services in the neighborhood are not to the standards of New York City.

"Young Latin people go to college and then come back to change the neighborhood," he said, adding that he got his BA from Boston University. "They are demanding good food, good service, good drinks. It shouldn't be that we have to leave to get quality. Why do we have to go downtown to have a properly made Old Fashioned?"

Flavored ice cart in Washington Heights ANDRA MIHALI/CREATIVE COMMONS

Led Black, a Dominican-American, Washington Heights blogger and longtime resident, said he knows his people have held on to an immigrant outlook in which people dreamed of opening their own barber shops and bodegas. But there has been a paradigm shift as the sons and daughters carry on a contemporary entrepreneurial spirit.

"A lot of what is happening is internal," he told Metro. "It's indigenous people from the neighborhood who grew up here, not outsiders taking over."

The Associated Supermarket on 187 Street was on the brink of being replaced by a Walgreens in February 2015 until the community and legislators rallied to keep it open. But it had to evolve in order to sustain. With a new loan, they expanded the space and increased their inventory of fresh organic foods and deli items in order to meet new demand.

The most obvious change is the explosion of restaurants in the last six years along Dyckman. Corcho Wine Room, owned by Benji Polanco, was something of an anchor for the hundred-plus bars and restaurants that followed, Black said. At the far west end of what the district refers to as the Dyckman corridor, is the unnervingly popular riverside restaurant-bar-hookah-dance venue La Marina. It's owned by the "serial entrepreneur and visionary" Fernando Mateo, who's been involved in a lot of the businesses of the area, Black said.

The proliferation of bars on Dyckman Street is not everyone's ideal business-development scenario, Maurice Michaane, chair of the business development committee on Community Board 12, told Metro.

"It's a bedroom community, residential, but it's become a liquor destination, and it's not a good balance between business and families. There's noise, there's crime, the 34 [police precinct] said it is overwhelmed with the amount of resources they need to put out there and also watch the rest of the community. The quality of life is declining for the families as more and more bars open until 3, 4, 6 a.m. are coming in."

Michaane said the community board has been pushing for a moratorium on liquor licenses.

On the other side of the coin are the entrenched businesses, Michaane said, which believe they have the right to stay, and are fighting for things like commercial rent-control. But the other establishments to satisfy high-end tastes, such as the upcoming Wahi Oyster Bar at 4488 Broadway, and the hipster spot Café Buunni on 187th Street, signal to the entrenched that their "baño de pueblo," an expression meaning to live comfortably in a small-town of certain customs, is changing.

An expanded version can be seen at metro.us

Donate to Metro's Toy Drive

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the 7th anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help other's and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season. It's good to receive a gift. It's better to give one.

METRO

ISTOCK

BRIEF

Men yell 'Donald Trump' before trying to rip off Muslim teen's hijab on subway: Police

A Muslim teen was accosted by three men, who called her a "terrorist," on Thursday night, an NYPD source said.

The 18-year-old woman was waiting for the 6 train at the 23rd Street station around 10 p.m. with her headphones on when she allegedly heard three men making references to Donald Trump in her direction.

When she boarded the northbound train, the men continued to chant "Donald Trump" and got on the subway with her, police said.

With her back to the men, the woman told police she heard them call her a "terrorist."

"You f—king terrorist! Get out of this country! You don't belong here!" the men yelled, ABC7 reported.

One of the men grabbed the woman's purse and broke the strap, the NYPD source said.

The men followed the woman as she tried to move away from them; then, one of the men grabbed at her hijab, partially removing it, police said.

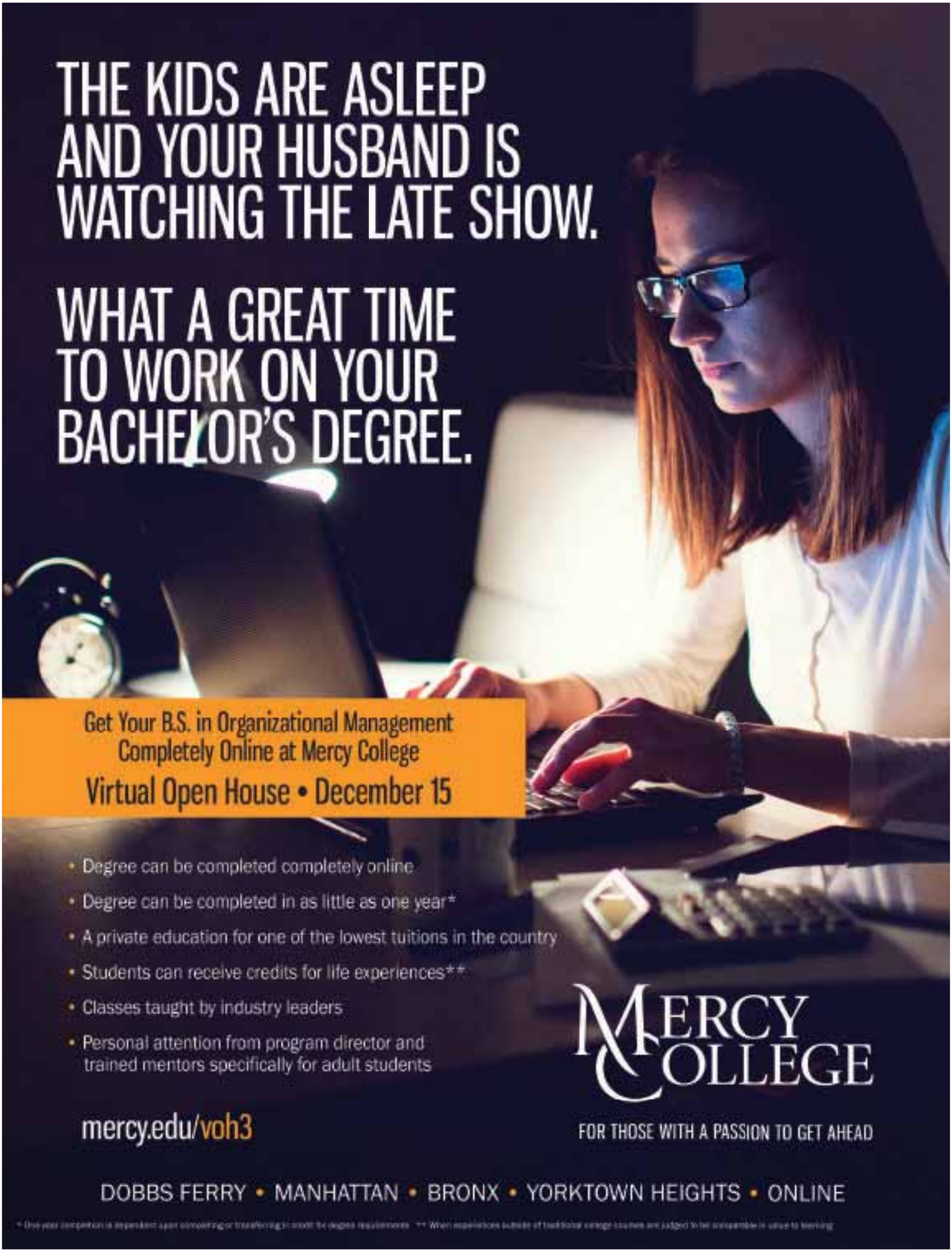
"Get that f—king thing off your head!" they shouted, according to ABC7.

The woman fled the train at Grand Central Station and reported the incident to police.

The first suspect is described as a clean-shaven white man with brown hair and eyes, 20 to 21 years old, 5-feet-10, medium build and 170 pounds.

The second suspect is described as a white man, 20 to 21 years old, 5-feet-8, medium build, 170 pounds, with straight brown hair. The third suspect is described as a white man with blonde hair, 20 to 21 years old, 5 feet 9 inches, tall medium build and 170 pounds.

KIMBERLY M. AQUILINA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Airbnb agrees to settle rental-law lawsuit with New York City

The deal follows an earlier settlement with the state attorney general.

GETTY IMAGES

Airbnb Inc. and New York City said on Friday they had resolved a lawsuit brought by the company challenging a law it argued could expose it to significant penalties for advertising short-term apartment rentals.

Airbnb filed the suit in October after New York state enacted a law imposing fines of up to $7,500 on hosts who advertise illegal short-term rentals on platforms like Airbnb.

Airbnb had contended that the law's ambiguous wording could allow New York authorities to apply it to online platforms like itself that host third-party listings, creating the risk of significant civil penalties and criminal liability.

Under the terms of the settlement, New York City agreed that the law would not be enforced against the company and was instead aimed at individual violators, a spokeswoman for Mayor Bill de Blasio said.

"The city will enforce this and other existing laws against bad actors, and appreciates the additional enforcement powers this new tool provides to protect New Yorkers and visitors from unsafe conditions," said Melissa Grace, a mayoral spokeswoman.

San Francisco-based Airbnb in a statement said it saw this agreement as a step forward for its hosts, with both sides agreeing to work cooperatively on ways to address New York City's housing shortage.

"We look forward to using this as a basis to finding an approach that protects responsible New Yorkers while cracking down on illegal hotels that remove permanent housing off the market or create unsafe spaces," Airbnb said.

The deal follows an earlier settlement with the New York state attorney general, who agreed his office would refrain from taking any action to enforce the law, citing an express provision stating enforcement would be carried out by the city.

The lawsuit came amid ongoing clashes between the online lodging service and public officials seeking to minimize the impact of short-term rentals on neighborhoods and urban housing markets.

Airbnb argues it cannot legally be held responsible for how landlords use its platform. If it is required to enforce local laws on short-term rentals, that could drastically reduce listings in some of its biggest markets.

REUTERS

We want your pics!

Send Metro your photos to be featured in next Monday's issue.

Post your best local photos to Instagram or Twitter using the hashtag #metropicsnyc to not only see them in our paper, but also on Metro.us and our social media pages.

This week's pic shows the last few leaves hanging on in Park Slope, Brooklyn. @THOMASTROCCO /INSTAGRAM

BRIEF

Man charged with killing 68-year-old victim by severing penis

A Bronx man paid a hefty price for sex on Saturday night — his penis — and his life.

A neighbor discovered the 68-year-old man at around 8:30 p.m. lying on his side in a bathtub filled with blood, and with his penis severed, police said.

Not far from the scene at Sheridan Avenue in Claremont, police located a suspect, Jerry Pagan, 32, a homeless prostitute who investigators believe had sex with the victim.

Police said Pagan admitted to the dismembering and that he had used scissors, although investigators discovered several knives in plain sight in the kitchen.

Pagan faces one count of murder, accusing him of the grisly attack. There was no indication that he had obtained a lawyer who could comment on the charge in his behalf.

GETTY IMAGES

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

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What's the most Instagrammed spot in your state?

Have you snapped a 'gram in any of them?

ALEXIS SACHDEV
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alexis.sachdev@metro.us

From sports stadiums to college campuses to bridges and gardens, some spots are just iconic on Instagram. Whether you're heading out to a new city or just want to explore your backyard, there's no better barometer than Instagram.

The photo-sharing app's geotagging tool can be a virtual map for users, marking each place they've traveled to and what they saw, ate and drank. And for travelers, checking out the most 'grammed spots is like a modern-day tour around a new place.

The most Instagrammed places in the world are Disney Theme Parks, Universal Studios Theme Parks, Central Park in New York City, Times Square in New York City, the Eiffel Tower, Louvre Museum and the Las Vegas Strip.

As 2016 winds down, USA Today analyzed the most Instagrammed locations based on geotagging

Massachusetts

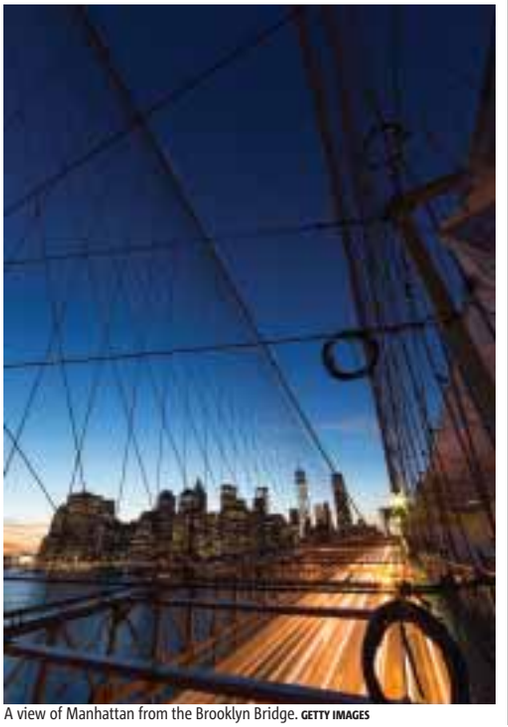
- Fenway Park
- Gillette Stadium
- Boston Logan International Airport
- TD Garden

New York

- Central Park
- Times Square
- Brooklyn Bridge
- The Garden

Pennsylvania

- Philadelphia Museum of Art
- Lincoln Financial Field
- PNC Park
- Citizens Bank Park



A view of Manhattan from the Brooklyn Bridge. GETTY IMAGES

Army denies Dakota pipeline permit, in victory for Native tribes

The U.S. Army Corps of Engineers said on Sunday it turned down a permit for a controversial pipeline project running through North Dakota, in a victory for Native Americans and climate activists who have protested against the project for several months.

A celebration erupted at the main protest camp in Cannon Ball, North Dakota, where the Standing Rock Sioux tribe and others have been protesting the 1,172-mile Dakota Access Pipeline for months.

It may prove to be a short-lived victory, however, because Republican President-elect Donald Trump has stated that he supports the project. Trump takes over from Democratic President Barack Obama on Jan. 20 and policy experts believe he could reverse the decision if he wanted to.

The line, owned by Texas-based Energy Transfer Partners LP, had been complete except for a segment planned to run under Lake Oahe, a reservoir formed by a dam on the Missouri River.

That stretch required an easement from federal authorities. The Obama administration delayed a decision on the permit twice in an effort to consult further with the tribe.

"The Army will not grant an easement to cross Lake Oahe at the proposed location based on the current record," a statement from the U.S. Army said.

Jo-Ellen Darcy, the Army's Assistant Secretary for Civil Works, said in a statement the decision was based on a need to explore alternate routes for the pipeline, although it remains unclear what those alternatives will be.

REUTERS

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Death toll in Oakland loft fire rises

Alex Ghassan INSTAGRAM

Firefighters work to clear the debris from a doorway following the fire at a warehouse in Oakland, California. GETTY IMAGES

A filmmaker who recently moved to the Bay area from Brooklyn is among the missing.

A fire that devastated an Oakland, California, loft building during a weekend dance party has taken at least 33 lives and the toll will likely rise, authorities said on Sunday, as criminal investigators joined recovery teams at the charred ruin.

Firefighters in Oakland, east of San Francisco, found the remains of nearly three dozen victims as they sifted through the debris-filled shell of the two-story converted warehouse being used by an artists' collective.

Freelance producer Alex Ghassan posted an Instagram video of what appears to be a dance party Friday night at a warehouse venue called the "Ghost Ship." On Sunday, he was suspected to be among the missing after a massive fire at a converted warehouse space that killed at least 30 people in what is being called one of the deadliest structure fires in California history

Ghassan, a filmmaker who recently moved to the Bay area from Brooklyn, hasn't responded to numerous text messages and emails from friends and family, according to accounts in New York City news media. Ghassan shared a video of the party scene at about 10:30 p.m. Friday on Instagram and included the caption, "Oakland reminds me of #JerseyCity so much at times." Friends left dozens of messages on Ghassan's Instagram page to inquire about his safety. "It's heartbreaking, it's terrible, you don't have any control over anything and don't know what's going on," his friend Richardine Bartee told The Jersey Journal. "Knowing him if he had a way or resource to contact someone at least he would have contacted someone by now." Ghassan is the father of twins, according to his Twitter profile.

The cause of the fire was still undetermined, officials said. Arson is not suspected but investigators want to find out if the building, which was often used for musical performances, had a history of code violations.

Mayor Libby Schaaf said the Alameda County District Attorney's Office activated its criminal investigation team at the fire scene. A representative of the prosecutor's office is monitoring the recovery process, she said, adding she was not authorized to say if a criminal probe was under way.

The mayor said the city's first priority was finding the victims and supporting the families. "We have delivered the unacceptable and horrific news of losing a loved one to seven of our families."

The blaze, which erupted about 11:30 p.m. on Friday, already ranks as the deadliest in the United States since 100 people perished in a 2003 Rhode Island nightclub fire.

As of Sunday evening, only 35 to 40 percent of the building had been searched, said Sgt. Ray Kelly, spokesman for the Alameda County Sheriff's Office. He said some of the victims were under 18 years old, although most were in their 20s and 30s.

The recovery operation was delayed for hours as the roof collapsed onto the second floor and in some spots, the second story had fallen onto the first, making it unsafe to enter.

The warehouse, which served as a base for the Ghost Ship Artists Collective, was one of many converted lofts in the city's Fruitvale district, a mostly Latino area where rents are generally lower than in the rest of Oakland. REUTERS

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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Knee Arthritis Sufferers Successful Treatments?

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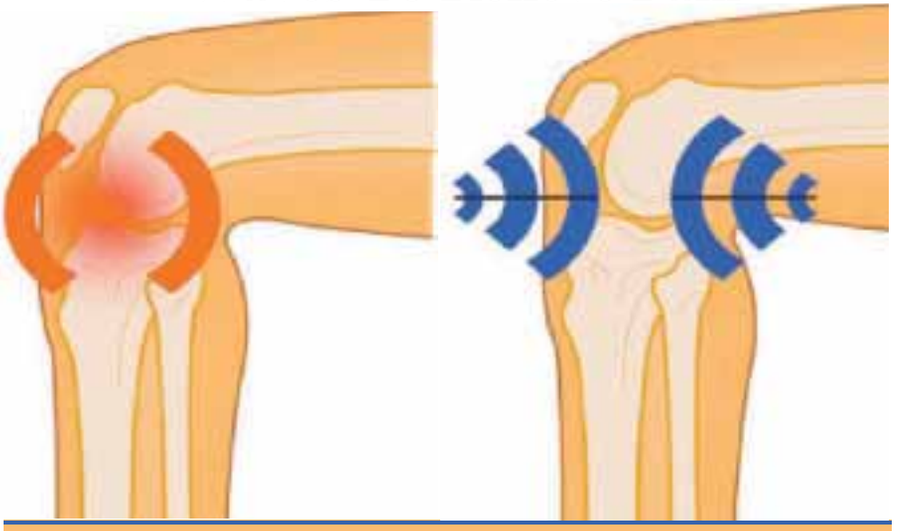

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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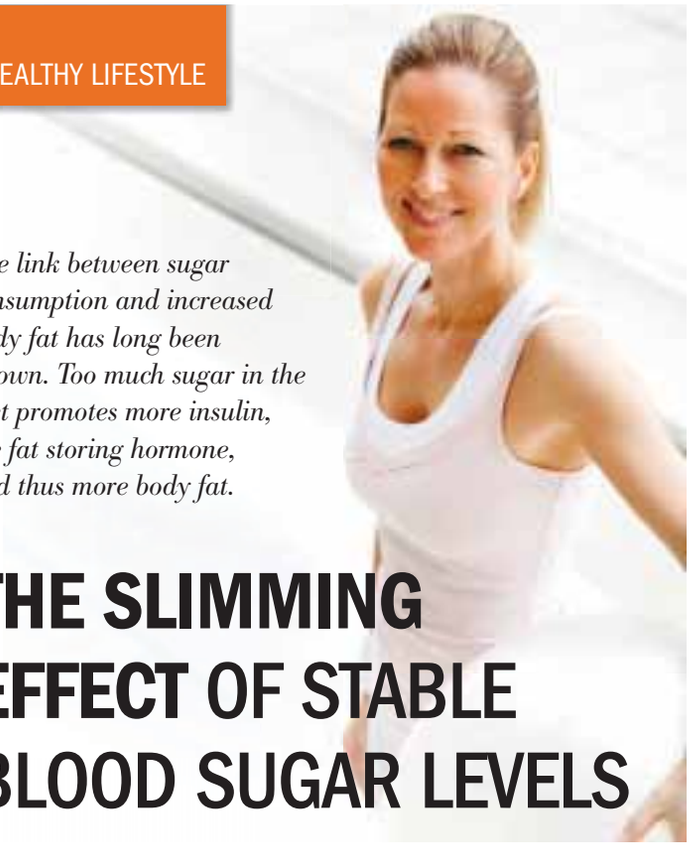

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1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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Former astronaut Buzz Aldrin to stay in New Zealand until lungs clear

Former U.S. astronaut Buzz Aldrin, the second man to walk on the moon, has been advised by doctors to stay in New Zealand until fluid from his lungs clears, days after he was evacuated from the South Pole as his condition worsened.

The 86-year-old adventurer who was visiting the pole as part of a tourist group, was flown to Christchurch, New Zealand, early on Friday because of congestion in his lungs.

His team posted details of his medical evacuation from Antarctica over the weekend, along with pictures of him in good spirits, on his official website as well as on Twitter.

"I am being very well looked after in Christchurch. I'm looking forward to getting home soon to spend Christmas with my family and to continue my quest for Cycling Pathways and a permanent settlement on Mars," he said on his website.

In one of the photos on Twitter, Aldrin can be seen reading a newspaper in his hospital bed as he tweeted: "Catching up on the world while I'm stuck in quarantine."

His manager, Christina Korp, who travelled with him to Antarctica, posted photos on Sunday of him taking a walk with a nurse inside the hospital.

Aldrin was a fighter pilot during the Korean War before joining the U.S. astronaut program. On July 20, 1969, he stepped on the moon about 20 minutes after Neil Armstrong took the historic first step.

Their moonwalk, part of the Apollo 11 lunar landing, was watched by a then-record television audience of 600 million people.

REUTERS

Former astronaut Buzz Aldrin
GETTY IMAGES

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Accused Charleston gunman asks judge to reinstate defense team

Dylan Roof appears in court accompanied by assistant defense attorney William Maguire in Charleston, South Carolina, in July. GETTY IMAGES

The avowed white supremacist accused of killing nine black people at an historic South Carolina church told a federal judge on Sunday that he no longer wished to represent himself during the "guilt" phase of his murder trial in Charleston.

Dylann Roof, 22, sent a handwritten note to U.S. District Judge Richard Gergel saying that he now wished to bring back his defense team, at least temporarily, for a trial that began last week with jury selection.

"Can you let me have them back for the guilt phase, and then let me represent myself for the sentencing phase of the trial?" Roof wrote in blue ink on lined notebook paper. "If you would allow that, then that is what I would like to do."

Roof has not said publicly why he wants to defend himself against charges stemming from the shooting attack, carried out during a Bible study session at Emanuel African Methodist Episcopal Church in June 2015.

The shootings of the nine unsuspecting churchgoers, gunned down after inviting a stranger to join their prayer meeting, opened a raw nerve among Americans of all races and kindled a national dialogue about race relations in the country.

> *"Can you let me have them back for the guilt phase, and then let me represent myself for the sentencing phase of the trial?"*
>
> Roof, in the note

Roof's lawyers previously said he wanted to plead guilty if federal prosecutors agreed to a sentence of life in prison without parole. They refused. Roof faces the death penalty in a state murder trial set to begin early next year.

David Bruck, Roof's former lead attorney, declined comment on Roof's request on Sunday. Assistant U.S. Attorney Jay Richardson could not immediately be reached for comment.

Roof's trial has been delayed almost a month because Bruck requested Roof undergo a competency hearing on whether he understood the charges against him and could help in his own defense.

Gergel found Roof competent to stand trial earlier this month but when jury selection resumed last week, Roof asked to represent himself. The judge granted the request but stipulated that Bruck could offer advice only when the defendant requested it.

Roof began helping with jury selection last week, occasionally raising objections to a juror being qualified or struck. But when the defendant, who has only a ninth-grade education, sat making no objections or motions, Bruck tried to intervene and the judge silenced him.

REUTERS

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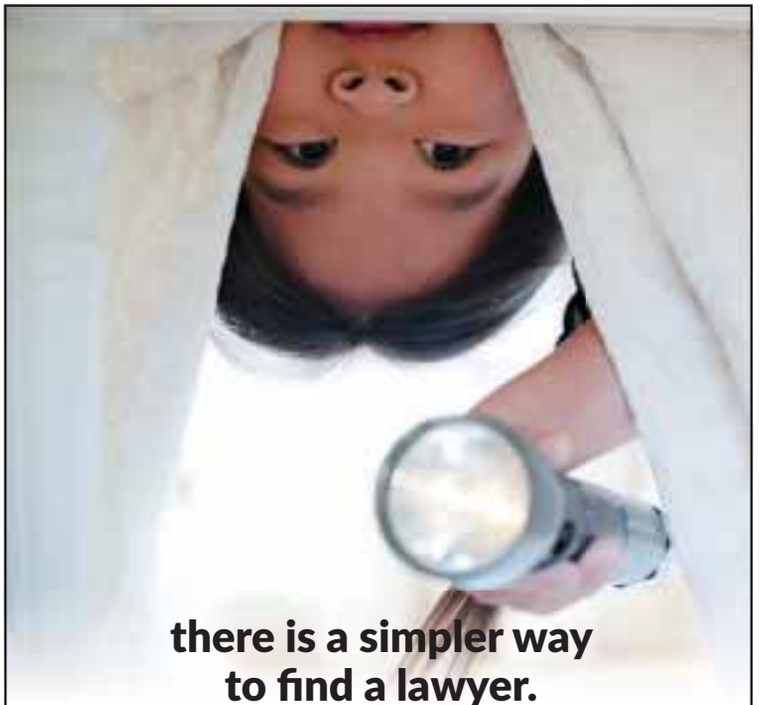
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BRIEF

Pentagon arms buyer 'hopeful' that Lockheed F-35 block buy will proceed

Frank Kendall, the Pentagon's chief arms buyer, said he was hopeful that a proposed three-year block buy of Lockheed Martin Corp. F-35 fighter jets, expected to generate large savings, would go ahead. "I can't say what's in the final budget, but I'm very hopeful that the block buy will proceed as planned, Kendall told Reuters at the annual Reagan National Defense Forum in southern California.

Kendall said Pentagon officials had debated postponing or scrapping the block buy, which would cover more than 400 aircraft and includes purchases by the U.S. military and other countries participating in the F-35 program, until after operational testing and evaluation had been completed.

The Pentagon's chief weapons tester, Michael Gilmore, has long argued about the need to test the planes before buying and building larger quantities.

The Pentagon and its international buyers have pushed hard for the block buy to help drive costs lower via bigger economies of scale.

Partners counting on the "block buy" include Norway which is banking on saving about $50 million when it buys 12 F-35 warplanes from Lockheed in the proposed group purchase.

News that the bundled purchases were likely to continue come after tense negotiations between Lockheed and the government about the latest F-35 contracts.

In November, negotiations on buying the ninth batch of F-35 warplanes broke down and the government imposed a contract on the U.S. arms maker after more than a year of negotiations had failed to culminate in a suitable agreement. REUTERS

Army Sgt. Robert Bowdrie "Bowe" Bergdahl leaves the Ft. Bragg military courthouse after a pretrial hearing on Jan. 12, 2016. GETTY IMAGES

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Bergdahl seeks pardon before Trump takes office

Trump savaged Bergdahl as "a no-good traitor who should have been executed" and criticized the prisoner swap in 2014 that won his release.

Army Sgt. Bowe Bergdahl, who is charged with desertion for walking away from his combat post in Afghanistan in 2009, has asked President Barack Obama for a pardon, the White House said on Saturday.

Obama will relinquish office on Jan. 20 to Republican President-elect Donald Trump, who made caustic comments about the sergeant during the presidential campaign that drew complaints from Bergdahl's defense team.

Bergdahl, 30, is facing a court-martial with a potential life sentence on charges of desertion and endangerment of U.S. troops after he walked away from his post in Afghanistan. He was captured by the Taliban and became a prisoner for five years.

The White House has received Bergdahl's pardon application, but could not comment on pending cases per standard practice, an official said on Saturday on condition of anonymity.

Military prosecutors have said the 45-day search for Bergdahl after he left his post put soldiers' lives at risk and diverted attention from the fight against the Taliban.

Bergdahl was freed in a prisoner swap involving the release of five Taliban leaders held by the United States. The deal drew heavy criticism from Republicans.

In January, Bergdahl lawyer Eugene Fidell said Trump had made "appalling" comments about the sergeant and might be called as a witness in the court-martial.

In August, defense lawyers asked to have the charges against the former prisoner of war dismissed, arguing comments made by Senate Armed Services Committee Chairman John McCain violated his due process rights. The filing quoted McCain as saying the committee would hold a hearing if Bergdahl received no punishment and that U.S. soldiers' lives were put in danger by having to look for him.

Now that Trump is president-elect, a fair military trial will be impossible, Fidell told The New York Times.

"I have grave concerns as to whether Sgt. Bergdahl can receive a fair trial given the beating he has taken over many months from Mr. Trump, who will be commander in chief, as well as Sen. McCain's call for a hearing in case Sgt. Bergdahl is not punished," Fidell said. "It is really most unfair." REUTERS

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REBOOT TIME

From the White House to Capitol Hill, you can't imagine the bustle and chaos gripping D.C. right now. So amid the moving vans and boxes, here are my three things to watch this week in politics.

1. BULL IN CHINA: Donald Trump's opponents have long argued his "leap first, then look" approach could be dangerous in the dicey world of diplomacy where even a sloppy handshake has consequences. So you can imagine their dismay over his unexpected phone call with the leader of Taiwan. Many fear he is risking unchained turmoil in U.S.-China relations because, ya know, China is not exactly a fan of Taiwan's behavior. Team Trump says it's not such a big deal, just a congratulatory call, and anyway he said he'd do things differently. But many political pros see this as a rookie mistake, and it has put them on high alert to call out the next one with even more vigor.

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

2. RECOUNT REDUX: As expected, the call to recount votes in some battleground states has turned into a fight of its own. In Michigan and Wisconsin, Trump supporters are howling that the idea is frivolous considering it was launched by Green Party candidate, Jill Stein, who received only a sliver of the vote. Stein says she wants to insure the integrity of the process, but Trump fans see other motives — delegitimizing his win. Watch for Trump's team to push hard this week to at least slow the process, because any recount must be completed before the Electoral College meets on Dec. 19, or it likely won't matter.

3. WISH LIST: Your kids may be jazzed about the end of December, but for Republicans, Christmas comes in January. That's when they'll officially have both chambers of Congress and the White House, and they're already making up their legislative wish list which includes repealing major portions of Obamacare. Democrats are pledging a bar fight if the GOPers try, so as the temperatures drop watch for the words to get much, much hotter.

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Navy, shipbuilders ready for Trump's expansion plan

The U.S. arms industry is ready and capable of boosting production of new ships if President-elect Donald Trump makes good his vow to expand the Navy to 350 ships, Chief of Naval Operations Admiral John Richardson told Reuters.

Shifting the current target of 308 ships upwards would be "remarkably easy" as long as there is funding to pay the bill, the top uniformed Navy official said in an interview at the annual Reagan National Defense Forum in southern California.

"If it's resourced, it's a matter of working closely with the industrial base, and they definitely are ready to do that," he said, adding the only limiting factor would be hiring and training workers to build the new ships.

"If I do not have that capacity, I can create it faster than you can appropriate the money,"

USS New York GETTY IMAGES

Mike Petters, chief executive of Huntington Ingalls Industries Inc., the largest U.S. military shipbuilder, said in a separate interview with Reuters.

Trump promised during his election campaign to expand the Navy to 350 ships, although lawmakers and military officials caution that any such boost would require big increases in staffing, training, maintenance and infrastructure.

Richardson said the incoming administration could smooth the way toward the increase by submitting a supplemental budget for fiscal 2017, which ends Sept. 30. "It seems to me that if you want to get something done, you get started."

All eyes are on the funding for an expansion under the shadow of sequestration, the self imposed U.S. spending cap.

"The question is, can you get rid of sequestration, because that is going to cloud everybody's judgment on how fast do I invest, how fast do I build that capacity." Petters said.

Navy officials were still calculating how much it would cost to expand the Navy to 350 ships from around 290 now, but it would depend on the mix of ships and related costs.

A supplemental budget request could include munitions, aircraft and other equipment that can be bought on short notice, followed by later orders for submarines, destroyers, amphibious ships and potentially even carriers, Richardson said. REUTERS

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Date: Tuesday, December 6, 6:00pm – 7:00pm.

Presenters: Samantha Heller, MS, RD, CDN; Heather Milton, MS, RCEP, CSCS.

Location: The Center for Musculoskeletal Care. 333 East 38th Street. 6th Floor Conference Room.

Info: This lecture is free and open to the public, but you must RSVP. To attend, email belkys.dejesus@nyumc.org. View past NYU Langone lectures at youtube.com/nyulmc.

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Kanye West breakdown result of meds

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After being hospitalized for eight days, Kanye West is back home with his family and new information is being released about his condition and what led to his breakdown. TMZ has learned that the rapper has been previously diagnosed with psychological issues that were being treated with medication. Following the armed robbery of his wife, Kim Kardashian, Kanye deviated from his prescribed dosage of these meds. Doctors were able to stabilize him during his stay at the hospital.

Now that he's a free man, it's up to him to properly regulate his medication. With everything on Kanye and Kim's plate, "no one man should have all that power."

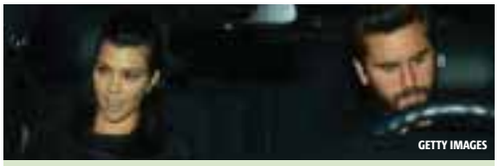
Is Madonna still in love with Sean Penn?

GETTY IMAGES

Madonna and Sean Penn are only two of the throngs of celebrities who were in Miami over the weekend for Art Basel. But these two have more in common than a love for art. Many moons ago they were married, and during her Raising Malawi charity auction and gala on Friday night Madonna confessed that she's still in love with the actor.

But she may have just been laying on the charm for charity. According to E! News, she also offered to remarry the 56-year-old actor if he bid $150,000 on a necklace. And he did it! So maybe Madonna isn't the only one carrying something for an old flame.

So exactly how long has this flame been lit? Madonna and Penn were married in 1985 and divorced in 1989. It looks like love might actually last forever, even if the marriage doesn't.

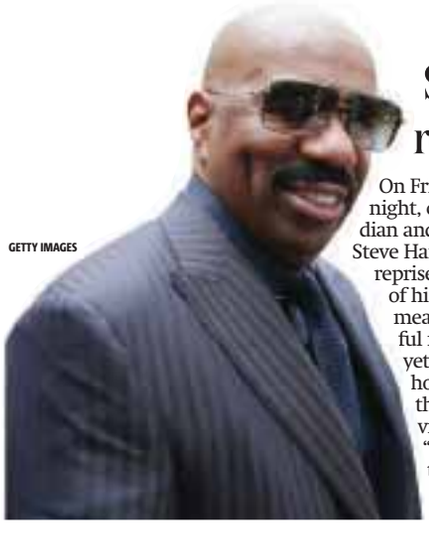

GETTY IMAGES

Kourtney's still not sure about Scott

We saw Kourtney Kardashian and Scott Disick's reconciliation coming from a mile away. The two reality stars have three children together. Not to mention they rely on each other for a plot line on "Keeping Up with the Kardashians." They were together for nine years before breaking up in 2015. And even though they're still our least favorite couple ever, we knew their split was just an extended "off" in their on-again, off-again relationship.

What we didn't see coming was the conditions of their rekindling. TMZ is reporting that although the couple is on really good terms thanks to Scott's sobriety and commitment to his children, Kourtney insists that there is "no intimacy." It looks like Kourtney wants to take things pretty slow this time around.

There won't be a fourth Kardashian-Disick baby any time soon. But can you imagine how exhausted their friends and family must be trying to keep up with this relationship?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Steve Harvey hosts star-studded revival of 'Showtime at the Apollo'

On Friday night, comedian and actor Steve Harvey reprised one of his most meaningful roles yet. He hosted the revival of "Showtime at the Apollo" which airs tonight on Fox at 8. The show, which aired from 1987 until 2008, is how Harvey, and other amazing acts like Lauryn Hill and Alicia Keys, got their start in the entertainment industry. Harvey hosted the show from 1993-2000.

The Young, Black & Fabulous reports that Friday's filming included a performance from Ja Rule and Ashanti of their new "Hamilton" soundtrack hit "Helpless." Comedians Mike Epps and Chris Rock, and hip-hop artists Rakim and Doug E. Fresh were also in attendance for the taping.

These clips are certainly serving some nostalgia. But everyone knows "Showtime at the Apollo" is known for its brutal audience reactions. We're mostly looking forward to joining the crowd in booing unsavory acts.

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Taylor Lautner won't always take his shirt off

Taylor Lautner and Constance Zimmer play a son and mother at odds in "Run the Tide," now on VOD. ORION PICTURES

The actor and his "Run the Tide" co-star Constance Zimmer talk playing mother and son.

GARY M. KRAMER
@MetroNewYork
letters@metro.us

In the new melodrama, "Run the Tide," Reymund (Taylor Lautner) has been taking care of his younger brother, Oliver (Nicos Christou), while their addict mother, Lola, (Constance Zimmer, "Unreal") has been in prison. But when Lola is about to be released, Reymund fears another cycle of abuse, and kidnaps Oliver to protect him. We talk to the "Twilight" alum and Zimmer about playing troubled characters.

Constance, what appealed to you about playing Lola?
Constance Zimmer: I've never had the opportunity to play a character like this who is broken, flawed and looking for redemption from the people she hurt the most and loved the most. She's stripped of everything—not just her makeup and hair, but emotionally as well.

Taylor, Reymund carries a huge chip on his shoulder. What do you think about forgiveness?
Taylor Lautner: I don't hold grudges. I'm like a Golden Retriever: Smack me in the face one day and the next I'll beg you to play with me. I forgive too easily. I think it's a good quality. Everyone deserves a second chance. That's what Lola is going through. Forgiveness is a positive thing.

Rey has issues with trust given Lola's behavior. Are you trusting?
Lautner: I tend to put up walls. I tend to take relationships a notch slower than normal and make sure someone is in it for the right reasons. Then I let down the walls and give everything.

Constance, what observations do you have about Lola's parenting choices?
Zimmer: Parents make choices for their children that might be really hard, but might help them in the end. She wants to give Rey back his life and have Rey give her back her life.

Taylor, do you feel pressure to carry a film as a leading man after your "Twilight" success?
Lautner: With this film, I didn't feel pressure; it was a passion project for everyone involved. The story is based off of the writer's life. We were a team that wanted to tell this story and touch people.

GETTY IMAGES

What about your heartthrob status and penchant for displaying your abs?
Lautner: I find myself rebelling against it now. It if doesn't make sense for me to be shirtless, let's not do it. I have done so much of that in my time. I didn't feel that in this.

You also sing quite badly twice in the film. Are you a terrible singer?
Lautner: I am the worst singer you'll ever meet in your life. But I love a good karaoke night and showing off my bad skills.

New dating app connects users based on interests instead of looks

They call it "experiential dating."

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ON AVEC, USERS CAN FIND A DATE FOR A DATE. AVEC

Looks matter—to a point. When you're seeking out qualities in a potential romantic partner, physical attraction is a biggie, but there's plenty more that goes into the compatibility equation: shared interests, values, even pheromones?

As Metro Going Out Editor Eva Kis says, "You can always look better, but you can't pretend to like 'Star Wars.'"

So, working off that premise: Imagine you're single in New York and really excited about seeing "Rogue One," but you don't have anyone to go with. What if you could arrange a date based on who else out there is really excited to see "Rogue One," too?

Avec, a new dating app now available free on iOS, aims to change online dating by privileging interests over looks: what you like, not what you look like. More specifically, what you like to do.

You search by activity — looking up a specific event, be it a film, concert, brewery tour, etc. — instead of scrolling through user profiles. Only after you express interest in a given activity are you able to see who else is interested in attending.

If you already have tickets or reservations for something, you can post it on the app and see who might like to accompany you. (You'll receive a push notification when a user is interested).

For those tired of swiping through a sea of faces paired with faux-witty taglines on Tinder, or suffering through dissertation-length OKCupid profiles, Avec could be a refreshing change of pace.

Founder Dr. Rhett Silver says he got the idea for the app after a date canceled on a ticketed bike meet-up at the last minute.

"It hit me that many women would think it was a fun date idea — but how to find one?" he says.

While dating site How About We presents hypothetical date ideas — "How about we ... have a picnic in Central Park?" — Avec encourages the proposed dates to be preplanned or purchased. He describes the app's function as "finding a date for a date."

And while OkCupid uses an algorithm to match users based on compatibility after they answer a slew of questions, Silver makes a good point that it takes hours to answer said questions and even longer to sort through user profiles and photos.

Avec eliminates that arduous process and gets folks face-to-face faster — and, as anyone who has been on even one online date knows, you can't predict chemistry until you actually meet, IRL.

Of course, just because you and your match are both psyched to see Louis C.K. live doesn't guarantee you'll hit it off once you're there. (As "High Fidelity" has taught us, what you are like is not the same as who you like).

But at least with Avec, even if you don't like your date, you know you'll both like the date. And even if there aren't any romantic sparks, maybe you'll have found a platonic "activity partner."

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Robots make surprisingly good quinoa bowls at Eatsa

An updated automat-style restaurant wants you to eat healthier for less.

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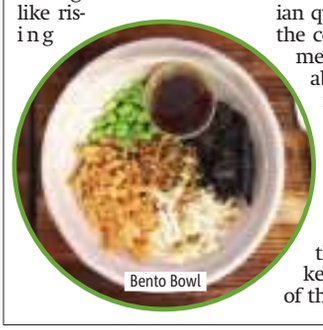
Eatsa combines a Japanese aesthetic with a classic automat for an experience any introvert will love. ALL PHOTOS EVA KIS

Robots are coming, but unlike the ones in sci-fi blockbusters, the ones at Eatsa make quinoa bowls.

The San Francisco chain is opening its sixth location Dec. 9 at 285 Madison Ave., between 40th and 41st streets. The retro-future dining room crosses a classic American automat with a Japanese cartoon, with iPad kiosks for ordering and food appearing inside digital cubbyholes. The only staffer you'll see is there to assist with ordering.

While some people might call it sterile, co-founder Scott Drummond describes Eatsa as "a different kind of sensory experience." The digital automat at the back of the restaurant "performs" in the uniquely positive way of Japanese devices, displaying amusing little informative and motivational messages with animations like rising suns and a curtain being lifted on the screen of your cubbyhole as your order is about to arrive. "People take selfies with them, they're very friendly cubbies," says Drummond.


Bento Bowl

Beyond the novelty of its presentation, Eatsa does something actually impressive: make quinoa exciting again. As a powerhouse of cholesterol- and gluten-free protein that's sustainable, Bolivian quinoa was chosen as the centerpiece of Eatsa's menu of customizable bowls. Instead of meat, the restaurant leans on portobello mushrooms and doesn't serve animal products beyond eggs and cheese. Along with the automation, this keeps the base price of the bowls at a budget-friendly $6.95.

The standard bowls flit between global cuisines, like the Bento Bowl (miso portobello, apple cabbage slaw, edamame, crispy wontons and teriyaki sauce) and No Worry Curry (arugula, roasted potatoes, spaghetti squash, pickled onions, red thai curry, slaw and curried wonton strips). There's also the option to "go to town and create a crazy concoction," as Drummond puts it, either by adding ingredients or creating a totally customized bowl. Keep piling on the nearly 80 options, ranging from free garnishes like cilantro to 75 cents for most vegetables, up to $1.95 for proteins and avocado, and 20 sauces — until the bowl can't actually hold anymore.

That healthy, affordable ethos extends to their drink menu. "We are big believers that soda is a disaster, generally," says Drummond, so Eatsa makes its own sparkling drinks (95 cents) in flavors like ginger-lime and mango-guava with little to no sugar.

Orders at off-peak times should be ready in under 90 seconds, while the maximum wait should be no more than five minutes. Cut that down even further by scheduling your order through the restaurant's app.

As for how the food and drinks are assembled, exactly, Drummond won't say. "The robots are very finicky. But you can assume that the same way we rethought the experience at the front of house using technology is also under application in the back." We welcome our quinoa-loving overlords.

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The 25-seat bar and communal table at Miss Paradis. ALL PHOTOS MIACHEL BRETON

Miss Paradis brings French food philosophy to SoHo

The corner of Mulberry and Prince streets in SoHo just got some Parisian flair.

Miss Paradis is the first U.S. project for French restaurateur Claude Louzon, known for getting into the fresh juice and smoothie business more than 30 years ago with his casual chain Le Paradis du Fruit and the Asian fantasy restaurant Miss Kô in Paris. Philippe Starck designed that space as well, and for the group's New York venture he's chosen a natural theme to accent the Mediterranean-meets-California menu.

The roof looks as if it's overflowing with plants (still to come: a giant chrome apple as a salute to the city), while inside the 120 seats sit along wall-length picture windows and pillars shaped like apple tree trunks. Miss Paradis will also be heavy on vegetables as well as fish by chef Adir Cohen, who previously turned out acclaimed fare in Tel Aviv's Herbert Samuel. Small plates ($10) like charred rainbow carrots and mushrooms with a fig balsamic dressing, "crazy salads" like tuna with cucumber noodles and a Black Bread (charcoal, eggplant, preserved garlic, sesame) give way to entrees than span butternut steak with curry ($19) to fish and chips ($21, and an intriguing find at a restaurant that claims to be healthy) and sharable paellas made with quinoa ($47+). At lunch and brunch, you'll find pastrami-smoked salmon blinis and the Tunisian specialty brick a l'oeuf. Cold-pressed juices and smoothies can be had on their own or in cocktails (and mocktails) from the long 25-seat bar, where ciders and, because this is a French project, rosé will be highlighted.

Quinoa Paella

Co-creator Julie Louzon explains the Miss Paradis philosophy as "a concept that aims to prove that classic can become fun and one that does not believe in forbidden food, but rather promotes moderation and balance as a recipe for health."

Miss Paradis is located at 47 Prince St., and is open now for breakfast, lunch, brunch and dinner. EVA KIS

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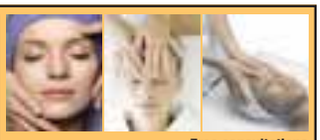

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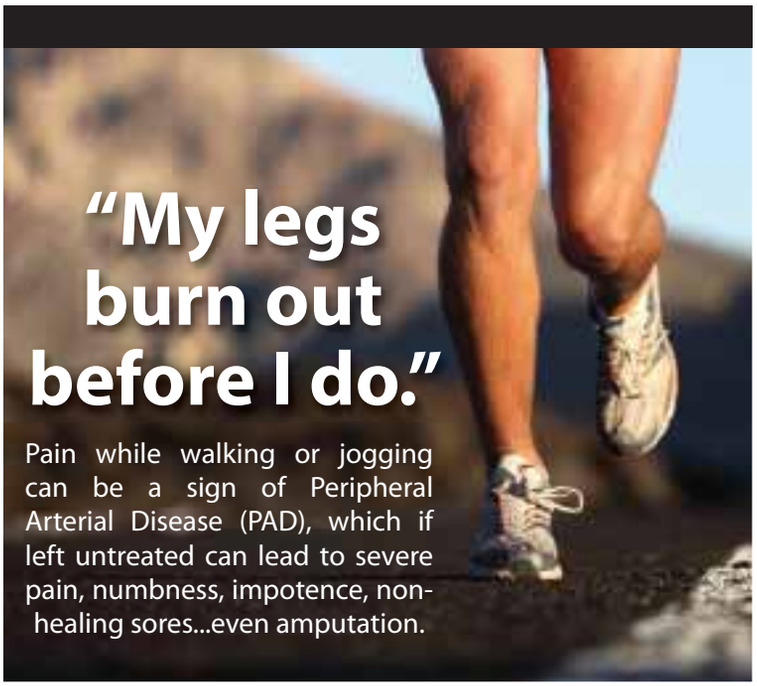
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The new trend in college admissions

GETTY IMAGES

Digital portfolios give applicants a way to stand out among the crowd.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

When 18-year-old Gillian Pelkonen was applying to colleges last winter, she made sure to send not only her carefully crafted college essay, résumé and list of extracurriculars, but also a digital portfolio, which included links to a few songs she produced on SoundCloud and a video with snippets from five of her high school play performances.

Now a freshman at Syracuse University's Newhouse School of Public Communications, she credits her acceptance to her eclectic application.

"I wanted to let colleges know that I wasn't just sitting in the library all day studying, but that I was also engaging with my community and spending a lot of time acting and singing," says Pelkonen. "During application season, our guidance counselors kept reminding us that there are thousands of supersmart kids applying to college, so you really needed to stand out among the crowd."

They were absolutely right. As admissions officers continually search for the most well-rounded students, digital portfolios have increasingly become a way for the most unique applicants to distinguish themselves.

It's called "portfolio-based review," says Alexis Bauserman, the vice president of college counseling at The Princeton Review, and it's on its way to becoming the new trend in college admissions she says.

Unlike the standard college application, which consists of transcripts, essays,test scores and a 150-character-limit to describe extracurriculars, portfolios allow kids to showcase their creativity through photos, videos and clips of their work.

"Social media was the beginning of the conversation," Bauserman explains. It was obvious that kids could be defined by their social realms, many of which existed online, and so the next question became: "How do we make our applications more relevant to who they are as people, and less static?"

While many colleges have yet to begin opening "digital lockers" for their applicants, students have found a way around this by choosing to share links to their work.

Christina Chu has witnessed this firsthand at IvyWise, an organization that provides admissions-counseling services to high school students. She mentioned one high schooler in a fusion band who included a YouTube clip of his music in his application.

"Technology enables students to show more, but I think it's also that students are doing a lot more," says Chu. "They are increasingly more connected, traveling more, and doing more interesting things, so there's a need for them to share more information about what they do."

It's also way for them to craft their online persona and establish a strong digital footprint.

"After all, going to college isn't just about going to college — it's about preparing for your career," says Bauserman. "I like the idea of high school students dipping their toes in and presenting their professional selves online. It's an interesting turn in what's happening."

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How José Andrés grew from intern to top chef

The famed chef tells us what he's learned along the way.

CHERYL LU-LIEN TAN
REUTERS
letters@metro.us

Chef Jose Andres received the Chef of the Year award during the Las Vegas Food & Wine Festival. GETTY IMAGES

Award-winning chef and restaurateur José Andrés got his start the old-fashioned way: as a teenage apprentice.

Andrés worked his way up from a convention center restaurant in Barcelona to an American-based food empire in ThinkFoodGroup, which includes acclaimed restaurants, catering services and a food truck.

Now 47, Andrés just received two Michelin stars for his Washington restaurant minibar, and was recently honored by President Barack Obama with a National Humanities Medal.

Andrés has even made headlines for a restaurant he did not open, at President-elect Donald Trump's new hotel in Washington, for which he is still embroiled in a $10 million breach of contract lawsuit.

Andrés discusses the life lessons he has learned along his journey:

What did your first job at that convention center teach you?

There were four people in the kitchen and sometimes we were serving 200 or 300 people at once. What I learned was that as a worker, when you work and you make yourself useful and indispensable, your value always increases.

When you were starting your own business, what lessons about money stuck with you?

It was 1994 that I got my first loan from a bank to pay for a little investment in a restaurant with my partner, Cafe Atlantico in Miami.

We weren't superprepared. The restaurant did OK, but two or three years later, it closed. The life lesson was that if you don't raise your own money, you don't really learn the value of owning something.

We all have dreams, but at the end of the day, the numbers have to make sense. Bills have to be paid and salaries and rent — you cannot escape that fate.

What did you buy with your first paycheck?

I bought a cookbook — "The Escoffier Cookbook and Guide to the Fine Art of Cookery." Knowledge is power, and that book was like the heart of French cooking. That's a book that's been very important in my life. I also bought a Supertramp cassette of a concert in Paris.

What has become your secret to business success?

Make quick decisions. It's almost like Darwin in the business world. The strongest will survive, and adaptation is key. I've been fairly good at evolving — I never graduated from a school and I didn't have a normal studying life, but I kept learning as I kept moving.

I was a cook, then I became a chef, then I had an investment partner, then I became an owner. I always knew what I lacked and always tried to surround myself with people who had what I lacked or what I needed more of.

As you became more established in your career, what did you learn about handling your personal wealth?

I've never been a good handler of money. In my house, my wife manages our finances. I don't even know what's in the book. If she leaves me one day, I

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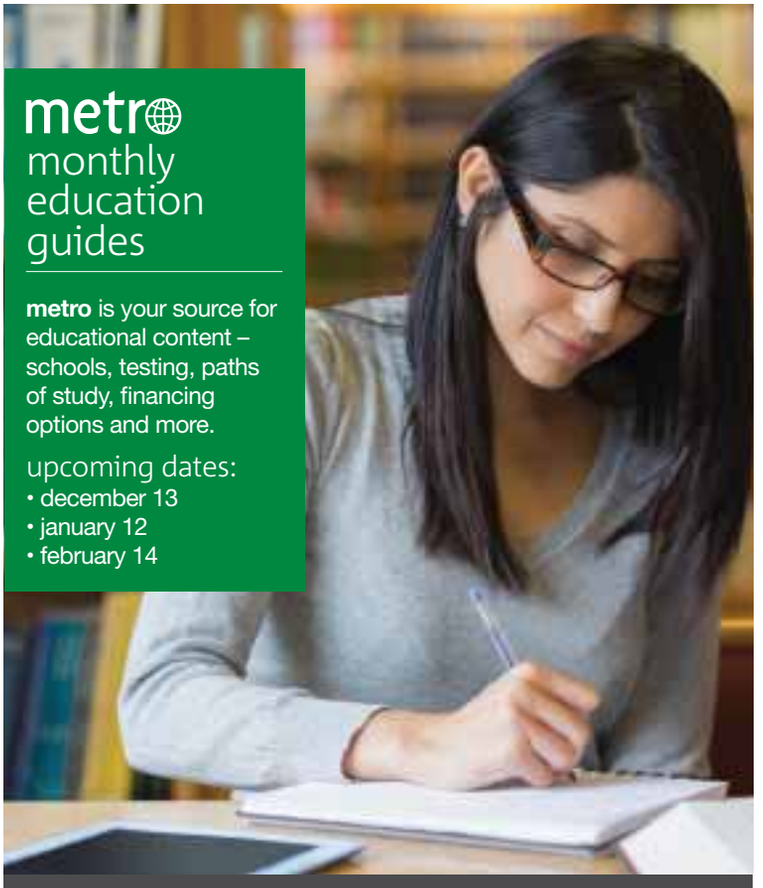

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don't even know my bank account number. Once you believe in somebody, make sure you choose well so you can concentrate on other things.

What money lessons do you pass down to your daughters (ages 12, 14 and 17)?

Sometimes I feel like the more physical things we own, the less free we are. Making money somehow is easy — saving money somehow is very difficult.

So don't really spend the money on the things that are that one more thing you're going to be selling at your garage sale. Time is money, and every day the clock is ticking and every day we have less time. So I will say that I want to die rich of experiences and moments. I don't want to die rich with an immense quantity of belongings.

Rebecca Taylor wants you to Step Up

On Dec. 1, designer Rebecca Taylor held an event in her Madison Avenue boutique to raise awareness and support for Step Up, a nonprofit that helps girls from low-income communities become career-focused and gives them the tools to succeed. In addition to the event, Taylor made a donation in support of Step Up's mentorship program. To learn more about the organization and how you can contribute, visit suwn.org

Designer Rebecca Taylor (center) held an event for Step Up. PROVIDED

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3 Things we learned as the Giants fell to the Steelers

Turnovers and overall lackluster play helped end the Giants six-game win streak.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

The winning streak is over for the New York Giants, who got manhandled and tossed around in a 24-14 loss at the Pittsburgh Steelers.

This wasn't the way the game was supposed to play out for the Giants, who came into Pittsburgh with a six-game winning streak and (supposedly) one of the hottest teams in football. But one game before their Sunday night battle with the Dallas Cowboys, the Giants played small and got pushed around by the Steelers in what might be their worst loss of the season.

While the Giants did come alive a bit in the second half with two touchdowns, the offense still moving at a plodding pace. Two interceptions by Manning, thrown in the second and third quarters, killed what seemed to be promising drives for the Giants.

What we learned:

1 An overrated offense

The offense is overrated – After six straight weeks, many Giants fans and media members were ready to proclaim this offense as turned around after some early season struggles. Yet Sunday showed the inadequacy of the line, the lack of true production from the running backs and a quarterback who never seemed on-point with his wide receivers.

If the Jets can get play-makers like Brandon Marshall going they could win their fourth game of the season. GETTY IMAGES

Manning's two interceptions and the constant pressure allowed by the Giants offensive line led to a dormant afternoon for the offense in general. While Sterling Shepard, shutout with no receptions and no targets last week, showed some flashes it was still a poor and disjointed display from an offense that was supposed to be elite.

2 Vernon has the edge

One play after Jason Pierre-Paul left the game in the second quarter with a groin injury, Olivier Vernon got his first sack of the game, extending his streak to five games with a sack. He had two sacks all told, part of a game where he registered four tackles.

The fact that the Giants continued to get positive results from Vernon off the edge with the loss of Pierre-Paul on the other side is promising, given the uncertain nature of JPP's injury. But it is clear that the Giants pass rush, so dominant the pass three weeks, won't be the same without Pierre-Paul on the field.

3 There goes momentum

So far this year, the Giants have taken care of business against hapless teams, their recent six-game winning streak coming against some of the worst teams in the NFL. Of their eight wins this season, only two are against teams with winning records. And with only one team in their last remaining four games currently holders of a losing record, the Giants march to the playoffs certainly won't be easy.

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3 Things to watch for Monday night when Jets face Colts

The Jets finally have a winnable game — if they can ruin Andrew Luck's return.

TONY WILLIAMS
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The Jets' season is sinking and the only thing head coach Todd Bowles is doing to save it is by rearranging chairs on the deck of the Titanic – i.e., keeping quarterback Ryan Fitzpatrick in the starting lineup.

Second-year passer Bryce Petty isn't the savior to keep the Jets (3-8) afloat, but at the very least, Bowles and his staff need to know if the former Baylor star is worthy of at least competing for the starting gig next season. And with only about a month's worth of auditioning remaining, now would be the time to see what the kid's got. But as it stands, barring injury, it looks like Fitzpatrick is Bowles' man for the remainder of the season. The Jets' Monday night opponent, the Indianapolis Colts, don't have such quarterback issues. Franchise leader Andrew Luck (concussion) will likely be cleared in time to play, and he'll be needed to spearhead a Colts' attack that is seeking to get back on track.

The Colts (5-6) have the weapons to attack any defense, though, as they average 352 yards per game (15th in the league), including 257 yards passing per game (11th). It'll be great chess match between the team's strengths. Whichever wins that battle will go a long way toward determining a victor.

What to watch:

1 Colts need Luck

The Colts have won three of their last five games, and are in the midst of a tight divisional race — albeit in the putrid AFC South. Indianapolis played without Luck on Thanksgiving, as it dropped a 28-7 contest to the visiting Steelers. Head coach Chuck Pagano said on Monday that he anticipates his star quarterback to play on Monday. He's definitely needed, especially with a Jets' front seven that even made Tom Brady look ordinary at times, last week. Look for the Colts to protect its top commodity and use a lot of max protection to keep an ornery Gang Green front seven at arm's length.

If the Jets can get playmakers like Brandon Marshall going they could win their fourth game of the season. GETTY IMAGES

2 The Others

Luck is the head of the offense, but there are also other viable threats that the Jets will have to pay extra attention toward. Luck's primary option is speedy wideout T.Y. Hilton, who ranks fifth in the league in receiving yards with 942. He also leads the team in receptions (60) and is tied for first in touchdown receptions with five. Hilton also ranks second in the league with 20 catches of at least 20 yards and has two games this season with over 170 yards receiving. Balancing out the passing game is running back Frank Gore. The veteran stalwart, 33, is the league's oldest starting running back, but hasn't seen his production curtail too much. The 12-year veteran leads the team in both attempts (178) and rushing yards (670), and has scored four rushing touchdowns.

3 Gang Green's firepower

Despite the dismal year from Fitzpatrick, there are weapons abound for him. If the veteran journeyman keeps the ball out of the enemy's hands, the Jets have enough talent to keep up with Luck and co. Brandon Marshall is still one of the better wideouts in the league, and seemingly gotten his mojo back after he ended his five-game touchdown drought on Sunday (six catches, 67 yards and a touchdown). He's also seemingly found a reliable sidekick in the burgeoning Quincy Enunwa, who registered his first-career 100-yard effort, last week, against the Patriots (five catches for 109 yards and a touchdown). And of course, when those two are covered, Fitzpatrick can still rely on running backs Matt Forte (759 rushing yards and 202 receiving) and Bilal Powell (308 rushing and 247 receiving) to bail him out both on the ground and in the air.

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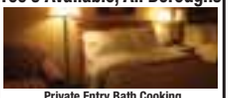

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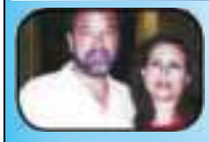

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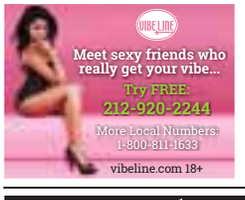

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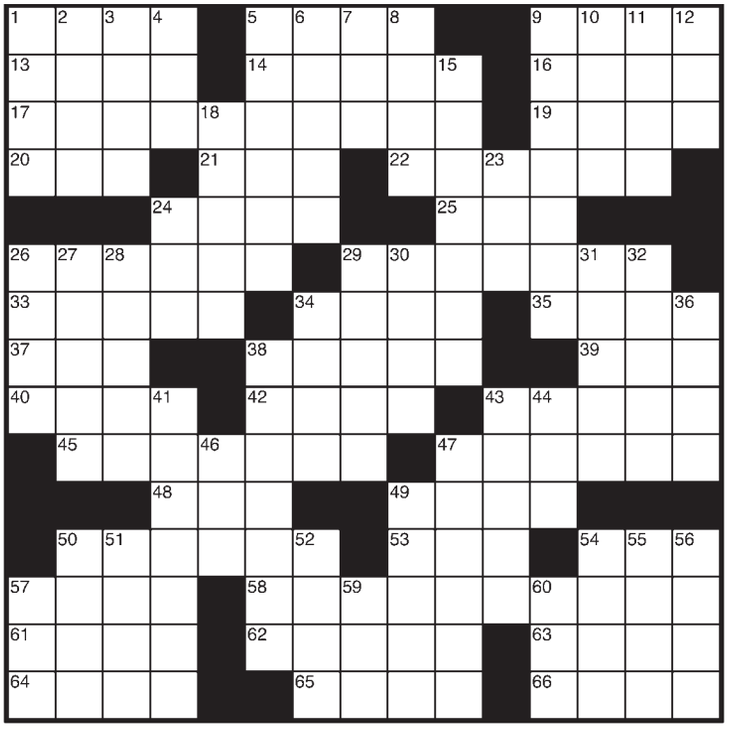
metro.us/crossword

Across

1 Low-lying clouds
5 Blocks
9 Parka closer
13 "Run -- Run"
14 Ekberg or Loos
16 Hoop's place
17 Not narrow (hyph.)
19 Walkie-talkie word
20 WNW opposite
21 -- -- carte
22 Letter answerer (2 wds.)
24 Average guys
25 Aloha token
26 On a plane
29 Kind of fair
33 Welsh dog
34 Horse color
35 Lab weight
37 Pair in Scotland
38 Two-door car
39 See -- -- glance
40 Firms up
42 Grain bristles
43 Angle on a gem
45 Kin
47 Lawyer's customer
48 Comic-strip bark
49 Pitcher Nolan --
50 Loose talk
53 40-cup brewer
54 Ump's cousin
57 Nope opposite
58 "Icicle" in a cave
61 Penny --
62 Port in a storm
63 Telemarketing concern
64 M, to Einstein
65 Deli sandwich
66 Cabbage cousin

Down

1 Polar bear perch
2 Uh-oh!
3 Great merriment
4 Kyoto honorific
5 Put a parachute to use
6 Freud and Pavlova
7 Eliminate
8 Tread
9 Inclined
10 Exploding star
11 Hockey's "Bootnose" --
12 -- capita
15 "Sweet" girl of song
18 Kiwi language
23 Bridal notice word
24 Ruin a nylon
26 Circus routines
27 Shady nook
28 Take the podium
29 Dive, as a whale
30 Puts the lid on
31 Hunger for
32 Gobbled up
34 Misty of "Hee Haw"
36 Soda fountain treat
38 Hushpuppy go-with
41 Lowers prices
43 Alps' Mont --
44 Munich single
46 "-- Gratia Artis"
47 -- de Bergerac
49 Desk-drawer item
50 -- Lee Nolin of "Baywatch"
51 Feel one's --
52 Nile creator god
54 Costa --
55 Etc. cousin (2 wds.)
56 Woman, legally
57 Orange root
59 Hail, to Caesar
60 For shame!



metro.us/sudoku

easy

	2							
9	3				6		7	8
7	8	5			4	1		
	6		1				2	
2								5
	4				8		3	
		8	4			2	1	6
1	7		5				4	3
							8	

hard

			9	8		1	6	
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		2	1		7			
8	9		7		6	5		
1								7
		7	5		4		8	6
			8		3	6		
	8				9			
	7	3		5	1			

metro.us/horoscopes

Aries Don't make an assumption. It's important to be ready to act without quibbling or gossip. Search for the truth in order to justify your actions.

Taurus You need to exchange ideas in order to figure out a way to use your skills and knowledge more diversely. Avoid emotional arguments about religion, politics or money.

Gemini If you do your own thing, you'll make a lasting impression. Your ability to set goals and meet them will put you in a good position for advancement.

Cancer Don't sit back when you should be looking for ideas and starting conversations with people who want to make a difference. Set high standards and stick to them.

Leo Take a close look at your financial situation and health. Look for a way to cut corners without incurring more debt. Set up a health routine that will strengthen you.

Virgo Don't take anything for granted, and focus on preparation. A detailed approach to getting things done will help you gain acceptance and rewards.

Libra Engage in interesting spur-of-the-moment plans. Taking part in something will help you recognize what it is you want to pursue. Don't let anyone deter you.

Scorpio Don't get angry when you can get even. Accomplishing your goals and gaining respect from your peers will help you overcome lingering bad feelings.

Sagittarius A positive change will help you improve your position, reputation and lifestyle. Changes made at home must be based on your emotional needs.

Capricorn Plant your feet firmly on the ground and don't try anything that sounds the least bit risky. Stick to your game plan and budget.

Aquarius If you don't like something, change it. It's up to you to walk away from unsavory situations. Concentrate on getting ahead and bringing about positive change.

Pisces Choose your words wisely and remain firm about what you want to see happen. Have a plan in mind and present your solutions with diplomacy. EUGENIA LAST

Yesterday's answers

S	P	E	D		A	W	A	R	E		T	E	S	T
C	A	R	R		D	O	N	O	R		A	L	O	E
A	G	N	I		O	U	N	C	E		T	H	O	R
R	E	S	E	M	B	L	E			H	A	I	T	I
				S	U	E	D		M	A	A	M		
A	S	C	O	T			L	O	W	L	I	E	S	T
S	T	O	U	T		P	A	U	L	S		T	W	O
T	A	U	T		W	A	T	T	S		C	H	I	N
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F	O	O	L		N	A	I	L	S		I	D	O	L
O	M	N	I		B	A	R	E	S		E	E	R	O
S	E	E	D		C	U	R	R	Y		R	E	A	M

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